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Get ready for the Great Backyard Bird Count! See page 4.

FRIENDS OF THE DUNES PHOTO

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VOL. 12, No. 18 ◆ 10 PAGES ◆ WEDNESDAY, JANUARY 22, 2025 ◆ EST. 2013 ◆ \$1 ◆ FIVE STAR FINAL ★★★★★

Arroyo's deep dive into local health care



Natalie Arroyo

Daniel Mintz

MAD RIVER UNION

HUMBOLDT – A Humboldt County supervisor's deep dive into the local health care system flags concerns for its future but also highlights some strengths.

County Supervisor Natalie Arroyo has interviewed 47 people involved in providing local health care and she presented her findings at the Jan. 14 Board of Supervisors meeting.

Arroyo said she "got interested in this topic because it's a top constituent concern" and due to "some personal experiences I've had with some of my own family members."

HEALTH CARE ◆ PAGE 6



EXTRA CRISPY

BURNT CRUST was all that was left of the McKinleyville Round Table Pizza's back wall and electrical panel after a blaze last week, suspected to have been set off by a camper's fire. The fire left the restaurant's ovens cold until repairs can be made.

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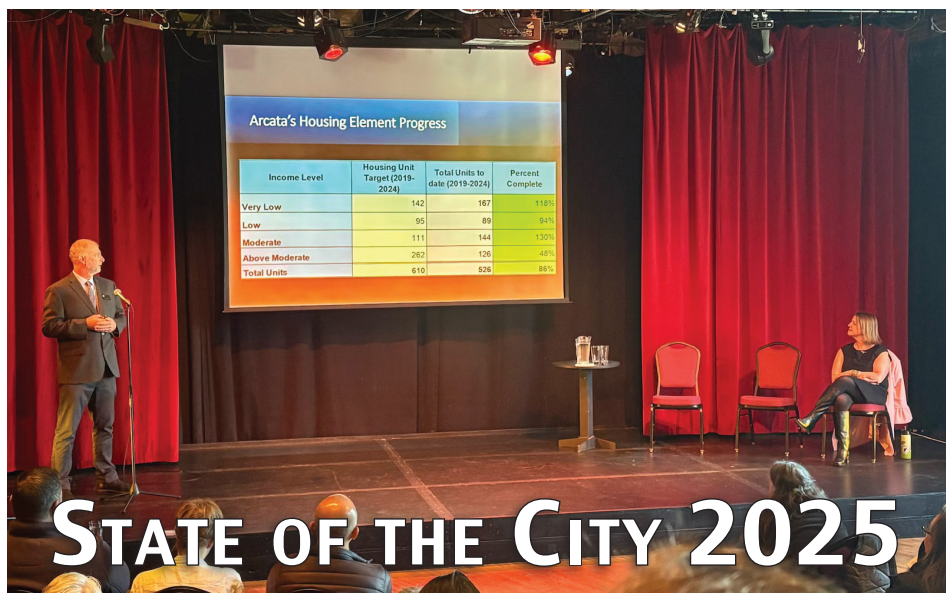
Annual State of the City event checks Arcata's pulse

Kevin L. Hoover

MAD RIVER UNION

ARCATA – With a new city manager and a new university president on hand, the Arcata Chamber of Commerce's annual show-and-tell session took place at a new venue last Thursday – the Arcata Playhouse.

Sponsored by Redwood Capital Bank, Playhouse Arts and the City of Arcata, the State of the City 2025 event gave local leaders a chance to catch everyone up with projects completed, in



NEW VENUE Arcata City Manager Merritt Perry and Arcata Chamber Executive Director Meredith Matthews review housing creation progress at the Arcata Playhouse during State of the City 2025.

KLH | UNION

progress and coming up.

The two-hour showcase also let them impart a positive spin and sense of

forward movement after a year marred by some rough patches and setbacks.

Chamber Executive Di-

rector Meredith Matthews beamed at the packed house from the Playhouse

STATE OF THE CITY ◆ PAGE 7

Law enforcers offer deportation reassurance

Daniel Mintz

MAD RIVER UNION

HUMBOLDT – Fear's at a high pitch with Donald Trump's return to the presidency, prompting the county's top law enforcers to promise adherence to state and local sanctuary ordinances.

Trump's vow to carry out "mass deportations" influenced recent rumors that U.S. Immigration and

Customs Enforcement (ICE) were in Eureka for random checks and arrests.

The false rumors spread on social media and at a Jan. 16 meeting of the county Human Rights Commission's Sanctuary Ordinance Committee, District Attorney Stacy Eads and Sheriff Billy Honsal explained the limits of local, state and federal authority.

California Senate Bill 54 and Measure K, the county's voter-approved sanctuary ordinance, block non-federal law enforcers from detaining people for immigration violations. The laws also prohibit police from cooperating with federal immigration enforcers.

There's exception in cases of serious or violent criminal activity.

SANCTUARY ◆ PAGE 3

Tsunami response: 'some spectacular failures'

Jack Durham

MAD RIVER UNION

MANILA – In the aftermath of the Dec. 5, 2024 7.0 magnitude earthquake off Cape Mendocino, one thing became abundantly clear – the public needs more education about tsunamis.

That quake hit at 10:44 a.m. and shook the earth for one minute and 20 seconds – which meant it was long enough for the National Tsunami Warning Center in Palmer, Alaska to issue a tsunami warning.

The warning was later rescinded and there was no tsunami and no inju-

ries. However, had there been a significant tsunami, there may have been significant casualties.

Rather than seek high ground on the peninsula, many residents and work crews that were in Manila that day drove through the tsunami hazard zone at about the same time that tsunami would have hit had there been one. The traffic choked State Route 255 between the peninsula and higher ground in Arcata.



Troy Nicolini

Others chose to seek refuge in Eureka, where a traffic jam brought cars to a crawl on the Samoa Bridge.

When the Big One strikes the Triple Junction, residents

will have about 10 minutes before a wall of water roughly 16 to 23 feet tall washes into Humboldt

Bay, up the Mad River, over the Arcata Bottoms, into Arcata Bay and South Bay. The tsunami will also wash over the lower dunes on the peninsula, but not the tallest dunes. If you are driving on State Route 255 or on U.S. Highway 101 near the bay, you may be washed away.

For Manila residents, the tsunami threat comes mostly from Humboldt Bay.

TSUNAMI ◆ PAGE 5



WHAT YOU NEED TO KNOW This graphic tells you exactly what to do in the event of a major quake.

VIA RCTWG.HUMBOLDT.EDU

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Envisioning Valley West's future Community Center

CITY OF ARCATA

ARCATA – The City of Arcata invites the community to help shape the future of the Valley West Community Center by attending one of two visioning sessions. Building on previous community conversations, these sessions are an opportunity for residents, especially those in the Valley West community, to share their ideas and vision for creating a community center that meets local needs. The input gathered will guide the Community Center's physical development and inform what services it will provide. The visioning sessions will take place on Saturday, Feb. 1 at the Valley West Resilience Center (formerly Woodsman Hall, and now also being referred to as the Valley West Neighborhood Center), located at 4700 Valley East Blvd. The first session will be held in English from 1 to 3 p.m. and the second in Spanish from 4 to 6 p.m. Everyone is welcome to attend, and childcare will be provided. For more information about this project, please contact the Community Development Department by phone at (707) 822-5955 or by email at comdev@cityofarcata.org.

REDWOOD LIBRARIES BOOK SALE The Friends of the Redwood Libraries first Book Sale of 2025 takes place Friday and Saturday, Jan. 24 and 25 from 10 a.m. to 3:30 p.m. at the Eureka Library, 1313 Third St. Friday's sale is for members only, with memberships available at the door.

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Saturday's sale is open to everyone. There is a large selection of science fiction and an extensive variety of CDs and DVDs, offered for the first time. Children's books, cookbooks, histories, mysteries and all types of fiction are available. Payment may be made by cash (small bills appreciated) or check; credit cards will be accepted for purchases over \$5. All proceeds benefit the entire Humboldt County Library System.

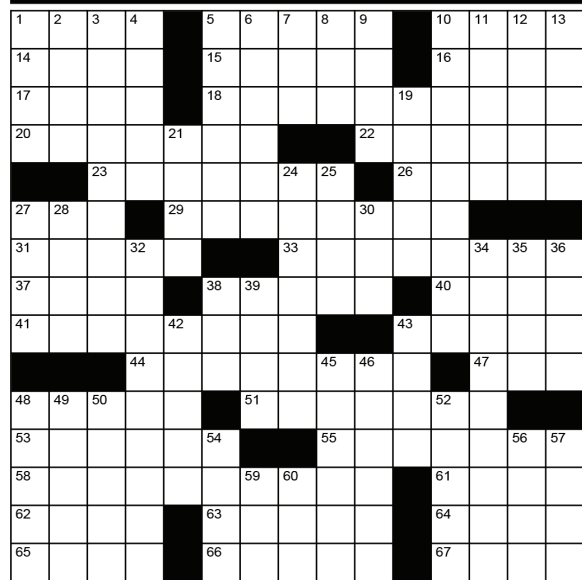
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❖RAIN WEEK DATE	INCHES OF RAIN	SINCE OCT. 1	LAST YEAR	NOR-MAL
Sunday, Jan. 12	00.00	26.27	16.99	18.06
Monday, Jan. 13	00.00	26.27	19.44	18.29
Tuesday, Jan. 14	00.00	26.27	19.55	18.50
Wednesday, Jan. 15	00.00	26.27	19.55	18.72
Thursday, Jan. 16	00.00	26.27	19.80	18.93
Friday, Jan. 17	00.00	26.27	19.83	19.14
Saturday, Jan. 18	00.00	26.27	19.83	19.35

RAIN AS MEASURED BY NATIONAL WEATHER SERVICE AT WOODLEY ISLAND.
WEATHER YEAR STARTS ON OCT. 1.

The Weekly Crossword by Margie E. Burke



ACROSS

1 Up to it

5 Mover's challenge

10 Task for Perry Mason

14 USPS concern

15 Key

16 Enthusiastic

17 Facts, briefly

18 Sparkling

20 Kind of diver

22 Geriatrics focus

23 Dieter's no-no

26 Like notebook paper

27 Triumphant cry

29 Male hormone

31 Rock Hudson flick, "___ Come Back"

33 Willing to go along

37 Haiku, e.g.

38 Long suit

40 Molten rock

41 Toothed wheel

43 Up and about

44 Producing tears

47 Bit of advice

48 Use an SOS pad

51 College life

53 Carl Sagan series

55 "Thinking Out Loud" singer Ed

58 Pick up speed

61 Jazz singer Simone

62 Pained sound

63 Zealous

64 Places for props

65 Component

66 Bodega, for one

67 Qatar's continent

DOWN

1 In the thick of

2 Thorn in one's side

3 Candy in a roll

4 Wed secretly

5 Urban bird

6 Cuba, e.g.

7 Rope-a-dope boxer

8 Surfing site

9 Palindromic emperor

10 Busch Stadium team

11 Flu variety

12 Barely burn

13 Sharp-___

19 Corby of "The Waltons"

21 Capone trademark

24 Severe

25 1959 film, "___ Like it Hot"

27 Mont Blanc's range

28 Kind of skirt

30 "Scram!"

32 Compensation

34 AA and AAA

35 57, to Caesar

36 Tombstone lawman

38 Dog registry org.

39 Red Cross supply

42 Actress Channing

43 On the calm side

45 Tony, to Jeannie

46 Cleave

48 Rascal

49 Winter drink

50 Acting award

52 Brainy bunch

54 Matches, as a wager


56 Pro's opposite

57 "Hidden Figures" org.

59 Squeal (on)

60 Long ___

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The weekly crossword is brought to you by Organic, fresh, local and available at Eureka Natural Foods, Murphy's Markets, the North Coast Co-op and Wildberries!

KINETIC KOFFEE

Arcata fiberoptic work

CITY OF ARCATA
ARCATA – Vero Networks has begun the second phase of its major fiber optic cable project in Arcata. Phase one of this project was completed by Vero Networks in 2023, and phase two primarily consists of completing fiber optic connections left unfinished from phase one. The overall project involves developing a fiber network throughout the City of Arcata with links to the wider network. This phase of work will occur along 11th Street, Seventh Street, J Street, F Street, L Street, 12th Street, South G Street, L.K. Wood Boulevard and Union Street. Working hours for this project are 8 a.m. and 5


p.m. Monday through Friday, with light work potentially occurring on Saturdays. Minor traffic delays and lane shifts are expected in the construction areas. Please be cautious and mindful of all traffic control devices in place. This phase should be completed by March 31. For details on this project, reach out to Vero Networks at (800) 691-8376 or contact the Building and Engineering Dept. at (707) 825-2128 or engineering@cityofarcata.org. For additional information, the media may contact Jak Kirchubel, engineering technician I/II. Engineering Dept., City of Arcata, engineering@cityofarcata.org, (707) 825-2128

Bayview Street closure


CITY OF ARCATA
ARCATA – Bayview Street closure will occur between Tuesday, Jan. 21 and Friday, Jan. 31 for gas line replacement. Due to the narrowness of the road, Bayview Street from East 12th Street to Redwood Park will need to be closed to facilitate residential gas service line replacement. Redwood Park will remain open with access through the 14th and Union streets entrance and through the trails at the Fickle Hill Road Trailhead. Work is expected to occur between Tuesday, Jan. 21 and Friday, Jan. 31. Working hours for this project are between 8 a.m. and 5 p.m. Monday through Friday, with light work potentially occurring on Saturdays. Impacted residents will be able to get in and out of the work area as needed, however, park and forest access will need to be restricted to the 14th and Union streets entrance and at the Fickle Hill Road Trailhead. Please be respectful of flaggers and mindful of all traffic control devices in place. For details on this project please reach out to PG&E staff, Jeff Griffith at (707) 497-8149 for on-site work related questions or Gregory Wilson at (530) 228-1078 for project related questions. The community may also contact the City of Arcata Building and Engineering Department at (707) 825-2128 or by emailing engineering@cityofarcata.org.



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Marriage Bureau in Defcon 1 'I do' mode for Valentine's Day

HUMBOLDT COUNTY CLERK-RECORDER'S OFFICE
EUREKA – For those looking for a special day to tie the knot, the Humboldt County Clerk-Recorder's Office is excited to announce extended hours and special marriage services available for couples wishing to say "I do" on Valentine's Day, Friday, Feb. 14. In person civil wedding ceremonies will be performed for extended hours from 9:30 a.m. to 5:15 p.m. to accommodate couples seeking to make their love official on this romantic holiday. Ceremonies will be held by appointment at the Humboldt County Clerk-Recorder's Office, located on the fifth floor of the Humboldt County Courthouse at 825 Fifth St. in Eureka, which will be specially decorated for the occasion. Additionally, the Clerk-Recorder's Office will be offering civil marriage ceremonies, by appointment, on location at Table Bluff County Park, located on South Jetty Road in Loleta, and Clam Beach County Park, located on Clam Beach Drive in McKinleyville. Ceremonies scheduled at these locations will be held rain or shine. **How to book a V-Day wedding ceremony** Civil wedding ceremony bookings must be done in person at the Humboldt County Clerk Recorder's office. The fee to book a wedding ceremony is \$100. Spanish language ceremonies are available upon request. Due to high demand, couples must book their Valentine's Day ceremonies no later than Thursday, Feb. 13 and are reminded that a marriage license is required for a wedding to be performed. All couples must arrive to their ceremony with marriage license materials on hand. **How to obtain a marriage license** A marriage license can be obtained up to 90 days before the ceremony date. A marriage license application may be completed in person in the Humboldt County Clerk-Recorder's office, or you may begin the application process online at tinyurl.com/HumCoV Valentines2025. Please note that the couple must appear in person to complete the application process and provide a valid government-issued ID. The marriage license application process takes about 30 minutes and costs \$78 for a public license or \$80 for a confidential license. **Choose your own wedding officiant** For an additional \$50 fee, couples can make prior arrangements with the Humboldt County Clerk-Recorder's Office for the ceremony to be performed by a person of their choice, age 18 or older. The person must be an ordained officiant or deputized to perform the ceremony by the Humboldt County Clerk-Recorder. The Humboldt County Clerk-Recorder's Office will provide comprehensive wedding ceremony packets containing ceremony wording, instructions and sample license completion guides for all officiants. The Humboldt County Clerk-Recorder's Office is located on the fifth floor of the Humboldt County Courthouse at 825 Fifth St. in Eureka. For more information or to schedule your wedding ceremony, please call (707) 445-7593 or visit humboldtgov.org/Clerk-Recorder.



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Democracy Dies in Darkness

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FRIENDS OF THE DUNES

ARCATA – Learn all about birds by joining local organizations for a series of fun, free events during the Great Backyard Bird Count from Feb. 14 to 17 in our coastal dunes!

Featured events include: Great Backyard Bird Count at Ma-le'l Dunes Unit (South), where guided bird walks will take place daily at 10 a.m. and 3:30 p.m. from Feb. 14 to 17; For the Love of Birds: Beginner Birding with Friends of the Dunes on Friday, Feb. 14 from 8 a.m. to 11 a.m. and Saturday, Feb. 15 from 9 a.m. to 12 p.m.; Birds Love Mud at Ma-le'l Dunes Unit (North) of the Humboldt Bay National Wildlife Refuge on Saturday and Sunday, Feb. 15 and 16 from 9 a.m. to 1 p.m.

It's a great opportunity to connect with nature, observe amazing birds and join in on citizen science efforts! This series of events was made possible through the collaborative efforts and partnerships from: The Bureau of Land Management, Humboldt Bay National Wildlife Refuge and Friends of the Dunes.

Great Backyard Bird Count at Ma-le'l Dunes Unit (South) from Feb. 14 to 17.

In celebration of the Annual Great Backyard Bird Count, the Bureau of Land Management (BLM) invites you to explore the beauty of nature at the Ma-le'l Dunes Unit (South) from Feb. 14 to 17. Guided Bird Walks at both 10 a.m. and 3:30 p.m. each day.

All 3:30 p.m. walks will feature a Spanish translator, making this event accessible for our Spanish-speaking community.

Get hands-on with the latest birding apps like Merlin and eBird! BLM staff and volunteers will be on-site to introduce you to the world of birding using these innovative tools.

Come be part of a global research effort, helping us understand how our feathered friends use different habitats around the world! Let's make a difference, one bird at a time!



Marbled Godwits on the dunes, exchanging glances... FRIENDS OF THE DUNES PHOTO

For the Love of Birds: Beginner Birding with Friends of the Dunes Feb. 14 and 15

Explore the birdlife of our coastal habitats with Humboldt County Public Work's Biologist David Orluck and join Friends of the Dunes for a bilingual birding adventure on Friday, Feb. 14 from 8 to 11 a.m., or Saturday, Feb. 15 from 9 a.m. to noon.

Both walks will feature a Spanish translator, making this event accessible for our Spanish-speaking community. This event is perfect for beginner birders of all ages, offering a chance to learn about local birds, practice your observation skills and connect with nature in a welcoming, inclusive environment.

We'll have binoculars available for you to borrow, along with helpful identification checklists to keep track of the birds you spot. No experience necessary. Just bring your curiosity, binoculars (if you have them) and a

love for the outdoors!

Birds Love Mud at Ma-le'l Dunes Unit (North) of Humboldt Bay National Wildlife Refuge Feb. 15 and 16

Come be dazzled by the diversity of species along the Mad River Slough as the tide turns from low to high on Saturday and Sunday, Feb. 15 and 16 from 9 a.m. to 1 p.m. at the Ma-le'l Dunes Unit (North) of Humboldt Bay National Wildlife Refuge.

There will be shorebirds, waterfowl, waterbirds and possibly some seabirds. Fall in love with the dunes, forest and thickets that host several species of songbirds as well as birds of prey. We'll have binoculars for you to check out and handy identification checklists to track your sightings. There will be activities for all ages. Find out why birds love mud. How do they use it? Explore what lives in the mud, hands-on and close up!

For more information, please call (707) 444-1397 or email info@friendsofthedunes.org.

Walk among the abundant birds of the wildlife refuge with Louise

I regularly lead a monthly bird walk at the Humboldt Bay National Wildlife Refuge (HBNWR) just off of U.S. Highway 101 in Loleta. The walk takes place the first Wednesday of each month.

With New Year's Day being a holiday, I rescheduled for Wednesday, Jan. 8. For several months, part of the regular trail from the visitor center has been closed due to dike repairs. So, for a change, I chose to meet at the south end of the Refuge along Hookton Road. How for-

tuitous – the day was the first dry and sunny day after a long stretch of wet weather. And, no wind!

As I drove into the parking area, there across the slough was a great blue heron beautifully reflected in the still water, looking like a page from *National Geographic*.



Only one person accompanied me. She was visiting from Oregon and was so delightful and knowledgeable of birds and other aspects of wildlife.

The tide was slowly receding and was tempting hungry shorebirds to probe the muddy flats. A resting Western grebe floated by with its head tucked over its back.

Between the levy, where we walked, and the slough were pockets of vernal pools created by the recent rains. The waterfowl paddled and fed well hidden among the short reeds and grasses. A brush bunny peered at us from under a bush.

As more mudflats were exposed, godwits and willets probed the soil for worms and other tasty tidbits.

Waves of sandpipers flew in and out while a harrier made a pass spying the area for a snack.

Western, horned and



HBNWR Refugee. ART BY LOUISE BACON-OGDEN

pied bill grebes and a loon came to feed. A male kingfisher sat on a branch, hoping for small fish for

breakfast.

A flicker, raven, some gulls, great egrets, song and white-crowned sparrows, kinglets and a phoebe were also present.

At a distance, we spied buffleheads, ruddy ducks and other waterfowl.

The walk is scheduled from 9 to 11 a.m. When we returned to our vehicles it was a bit after 11 a.m. Time flies when you are having fun. However, this particular adventure was so calming and peaceful that it felt like time had slowed down! I haven't felt this good for quite a while. It was healing and was good for body and soul.

Please join me at the HBNWR on the first Wednesday of the month at 9 a.m. (Rain cancels!) We meet at the Visitors Center at the boardwalk. The dike work has been finished and the entire trail system is now accessible.

I hope you can join me. However, if you cannot participate, the Refuge is opened to the public most days. Check it out!

Until next time, *happy birding!*

Solution to Crossword:

S	N	O	R	T	A	S	A	P	I	S	L	E
T	I	M	E	R	R	A	J	A	S	E	E	R
U	N	T	I	C	A	M	E	R	A	L	S	N
N	A	T	I	V	E	G	R	A	D	I	A	L
					T	E	A	S	E	N	E	A
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A	R	U	B	A		T	A	R		H	E	I
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L	Y	N	D	O	N				S	A	M	P
R	E	M	A	S	T	E	R		E	D	I	S
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M	E	N	D		L	V	I	I		S	C	A
A	N	T	S		L	Y	N	N		T	E	R

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Kindergarten
Jan. 23rd at 5:30 pm
1897 'S' Street, Arcata

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Mensaje a las familias sobre Matriculación estudiantil y la asistencia entre distritos

La inscripción para el año escolar 2025-2026 ha comenzado.

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Este proceso es tanto para solicitudes nuevas como de renovación. Para obtener más información, por ejemplo, sobre los plazos de solicitud, comuníquese con su distrito escolar de residencia.

Si no está seguro de conocer su distrito de residencia, consulte en hcoe.org/district-locator.

A message to families about STUDENT ENROLLMENT & INTERDISTRICT TRANSFERS

Enrollment for the 2025-2026 school year has begun.

To register or for information on obtaining an interdistrict transfer, please contact your school district of residence to begin the process.

The interdistrict process is for both new and renewal requests. For more information, including deadlines, contact your district of residence.

If you are unsure of your district of residence, visit hcoe.org/district-locator.

Tsunami | Here are the definitive best practices for how to respond

❖ FROM PAGE 1

Although a big tsunami could destroy homes and property, the good news is that most of the deaths are preventable if people know what to do.

The topic was discussed at the Jan. 13 meeting of the Peninsula Community Collaborative, with a presentation given by Troy Nicolini, meteorologist-in-charge at the National Weather Service in Eureka. He lives in Fairhaven in the tsunami hazard zone.

Seek high ground

Nicolini described tsunamis as a “complicated hazard.”

“The good news is that you don’t need to know everything about tsunamis. All you need to know is what’s on those magnets we have over there on the table,” Nicolini said as he pointed to a table in the Humboldt Coastal Nature Center in Manila.

The image on the magnets shows a person crawling under a table with the words “DROP! COVER! HOLD ON!”

The idea, Nicolini said, is to survive the quake and not get injured.

Under that it shows a person running up an incline with a wave behind them and the words “GO TO HIGH GROUND OR INLAND. The Shaking is Your Tsunami Warning.”

Below that is an image of three people on a bluff or high area with water below, and the words “STAY THERE. Tsunami Waves May Arrive for Hours.”

“If you know this, you know 97.5 percent of what you need to know about a tsunami,” Nicolini said.

He noted that the 2004 Indian Ocean Tsunami killed about 250,000 people and “it’s estimated that 85 to 90 percent of them would have lived had they just known this.”

Find out if you are in the zone

You should find out whether you live or work within a tsunami hazard area. You can Google “tsunami hazard maps” or visit rctwg.humboldt.edu/tsunami-hazard-maps.

If you are in the yellow area, you are in a tsunami hazard zone. The green areas are outside the zone and safe from tsunamis.

The maps show that the tallest dunes on the Samoa Peninsula are safe from tsunamis. “Can you trust these maps?” Nicolini asked Jason “Jay” Patton, an engineering geologist with the California Geological Survey who lives in Manila in the hazard zone.

“Long story short, yes,” Patton answered.

“We have a hundred year tsunami model and a thousand year tsunami model. This mapping is based on the 2,500-year tsunami model,” Patton said, noting that a tsunami of that size is very rare.

“We are extra careful saying it will be safe because we know that if we are wrong, there’s no plan B,” Nicolini said.

Manila has a population of about 1,000 residents, but only about 20 people were in attendance at the Jan. 13 meeting. Nicolini urged attendees to take maps and share them with their neighbors to spread the word.

“Please take as many as you need to share with your neighbors, especially if you have a neighbor who got in their car and drove to Arcata,” Nicolini said.

The quake is your warning

When a major quake hits, it will most likely cause a power outage and knock out communications systems, so you most likely will not receive any tsunami notice. The earthquake itself is your warning.

But how do you know if the quake is big enough to cause a tsunami?

“It’s not how violent the shaking is. It’s how long the shaking is,” Nicolini said. “The earthquake where you feel it but your neighbor doesn’t, and it’s really short and weak, that’s not going to cause a tsunami.”

The other extreme, he said, is if the earth shakes for five minutes. That’s definitely a sign to evacuate. It’s the quakes that fall somewhere between that are difficult to judge.

If you’re uncertain, just evacuate to higher ground.

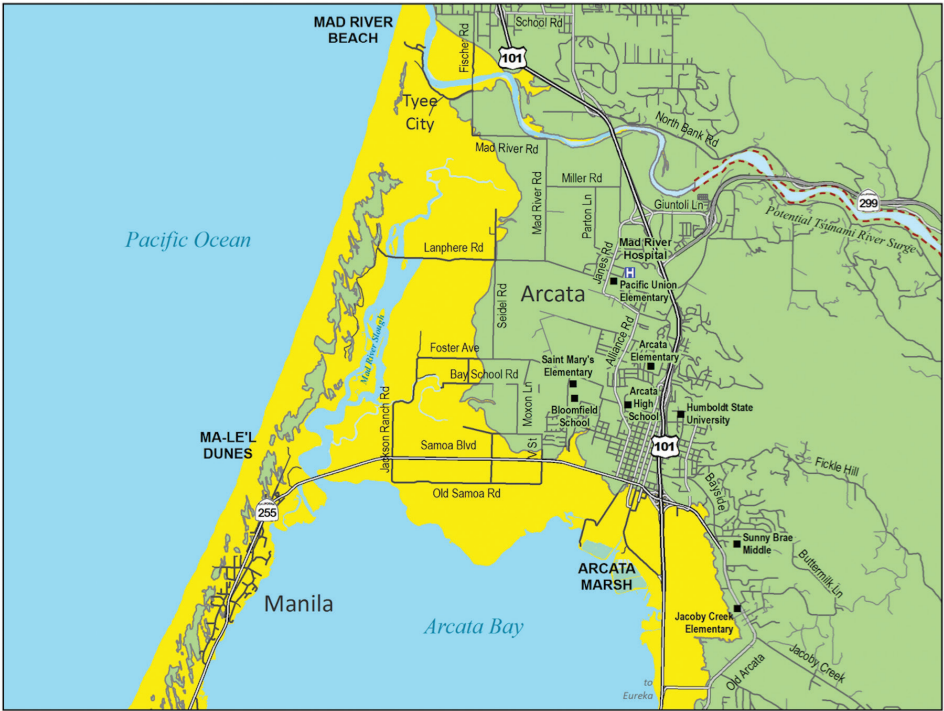
Short time

The Triple Junction, where three tectonic plates meet, is off shore and close to Humboldt’s population centers.

“We’re really close to the source of tsunamis, closer than almost anywhere else in the world,” Nicolini said.

That means that after a major quake, the tsunami will hit the coast within about 10 minutes. If you live on the peninsula, that’s not enough time to drive to Arcata or Eureka, specially considering there may be damaged roads, traffic jams and car accidents.

It’s also possible that portions of State Route 255 near the old Sierra Pacific Mill could fail due to liquefaction. Nicolini said that the Samoa Bridges may survive



ARCATA
Tsunami Hazard Map

TSUNAMI HAZARD ZONE The yellow area is where a major tsunami could wash over.

VIA rctwg.humboldt.edu

a quake, but their on- and off-ramps may collapse, making them impassable

Instead of getting in a car, you need to head to higher ground on foot. Grab your to-go bag, make haste and get to the tall dunes. There, you will need to stay for 24 to 48 hours, or until you get an all-clear.

‘Spectacular failures’

On Dec. 5, Humboldt’s response to the tsunami warning was a mixed bag.

“Some people went to high ground on foot. A+,” Nicolini said. “Some people drove through the low lying areas. And some people drove through the low lying areas to retrieve their kids from high ground to take them back to low lying areas.”

There were also reports of people driving through the tsunami hazard zone at 90 mph while checking their phones for updates.

“So we had some spectacular failures,” he said. “This is an issue we really need to address.”

The National Weather Service had its own failures, Nicolini pointed out. It had a map on its website that showed the coastal zone as the tsunami hazard zone, greatly expanding the area where people need to be worried.

A warning was also sent out telling people that they faced a tsunami threat

without telling them that it only applied if they were in the tsunami hazard zone.

“Don’t judge your friends too harshly if they freaked out because this was triggering,” said Nicolini, who apologized for the errors.

The NWS is reviewing the language it uses for alerts.

Seiche

Patton said that geologists are still studying what happened in the bay after the quake.

People took photos and videos that showed Arcata Bay emptying and filling up several times, with the water rising and falling roughly one to two meters.

But the tide gauge, located at the Coast Guard Station at the entrance to Humboldt Bay, only showed a tidal change of about 10 centimeters.

“So we’re coming up with a hypothesis on what happened, and one thing we think might have happened is that there was a seiche,” Patton said.

Basically, the seismic waves may have sloshed the bay water.

Nicolini compared phenomena to trying to walk while carrying a sheet pan filled with water.

Nicolini said that efforts to educate the public about tsunamis will be ongoing.



JAY MOHR

FEBRUARY 8

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Springtime sweeps in at the Senior Center

Hello, January! We reopened our doors after a very long (or so it seemed) two-week closure and hit the ground running; Christmas was packed up for the season, and we’re looking forward to embracing Spring!

We are fortunate to host a new line dancing program at our McKinleyville Senior Center, facilitated by Kim O’Quinn. She also teaches line dancing at the Humboldt Senior Resource Center and the Adorni Center in Eureka. It’s a drop-in program on Thursdays starting at noon, so be sure to come check it out! Beginners are welcome!

We are equally fortunate to have expanded our computer and cell phone tech help program, providing more hours on Thursday and Friday mornings, to better serve those in need.

Thanks to additional grant funding from the Redwood Coast Regional Center, our brilliant student intern Trevin Maciel is now with us both days to help with your problems and questions. His knowledge and patience are very well received by our participants! Come see him on Thursdays from 9 to 11 a.m., or on Fridays from 9 a.m. until noon. Of course, I am there from 9 to 11 a.m. on both days to help out as well.

January is a time when people often start lifestyle changes, often through a New Year resolution or otherwise, and our first week back in 2025 is reflecting this; we had over 30 people at SAIL Fitness this last Thursday, and two full tables playing for Monday Afternoon Cribbage.

We hope that this will be a continuing trend, as exercise and congregate activities are especially important for older community members. At a recent presentation given to our Center by Dr. Samantha Day (Redwood PACE), it was mentioned that each day an older person spends in a sedentary fashion, the detriment to overall health is equivalent to smoking nearly a pack of cigarettes each day.

Our mission is to get our seniors up and out of the house – to have fun, get (and stay) fit, and to facilitate a social outlet that improves both mind and body.

As always, our weekly schedules are available at fb.com/mcksenior, or call (707) 839-0191. Even better, stop by and visit us in Azalea Hall and see how we can serve you, a friend, a family member or a home health client.

We always look forward to seeing new faces at our center! Until next month, let’s keep sharing and caring!



McKINLEYVILLE
❖ SENIOR
CENTER
Scott W.
Binder

Shiny new Trinidad City Council welcomes City Manager Jo Tagliaboshi as Unique Boutique looms

The Trinidad City Council held its first 2025 meeting on Jan. 14. All five councilmembers, Mayor Cheryl Kelly, Mayor Pro tempore Bryce Kenny, Kati Breckenridge, Jack Tuttle and Carrie Varela, were present to welcome new City Manager Joe Tagliaboshi of Yountville, whose resume includes much public works experience.

Mr. Tagliaboshi has been on the job only a few days, mentored by retired City Manager Eli Naffah, but he was fully engaged and clearly enthusiastic about his new job.

Mayor Kelly began the Discussion/Action Agenda Items with appreciative resolutions honoring outgoing Councilmen Jack West (12 years) and Steve Ladwig (8 years).

Eli Naffah was thanked for his five and a half years as city manager. He listed his accomplishments performed with the cooperation of Council and Staff, particularly citing the work of City Clerk Gabriel Adams, grant writers Angela Cather and Rebecca Price-Hall and the public works team.

A welcome announcement that Lyle Lowery, who has been part of the city water monitoring team for some time, has earned T-3 status, thus enabling the city to reduce water-monitoring services from outside the area which have caused reduction of the city’s reserves.

Naffah added that the 250,000 gallon steel water holding tank at Luffenholtz Creek is in place. The council and staff toured the inside of the impressive tank before it was filled.

The council voted unanimously to add flow-measuring equipment to the water system recommended by Todd Kramer of Pacific Watershed Associates.

A hefty portion of the meeting was devoted to a discussion reviewing pedestrian safety improvements on Edwards Street. Josh Wolf of GHD Engineering presented photographs of four tall traffic calming signals called RRFBs or Rectangular Rapid Flashing Beacons, on crosswalks recently installed at Hector at Edwards and Galindo at Edwards streets along with a no parking sign on Edwards where red-painted curbs already indicate prohibited parking.

Several property owners in the area either spoke at the meeting or wrote letters that the signs were intrusive, blocked bay views, and were not necessary. Councilmember Breckenridge read a letter from a deaf resident who felt that the bright yellow signs were effective in slowing down traffic and that she felt safer.



The opponents of the signage who asked that the signs be removed felt that sufficient notice and “story poles” were not part of the California Department of Transportation (Caltrans)-funded grant project which began in March 2021.

Much attention during past council meetings had been given to the traffic calming speed humps on View and Ocean which were included in the GHD-led project but Edwards, Hector and Underwood residents said communications were lacking. The council made no decision about removing, or altering the nature of the warning signs.

The discussion will continue at the Feb. 11 council meeting. Josh Wolf reported that the non-controversial aspects of the project, which included a painted pedestrian crossing at Scenic Drive and Main Street, intersection striping, painted edge and centerlines on Trinidad streets and guardrails on Patrick’s Point Drive, among other safety improvements, were completed.

It is important to note that agendas for regular Council meetings are posted at the USPO and Town Hall and are on the city’s website. The public’s attendance and engagement are encouraged. If you are not on the city clerk’s email notification list, ask to be added by stopping by Town Hall.

In other city business, the council voted unanimously to appoint Roland Johnson and Tristan Cole to the Planning Commission. Grant Administrator Angela Cather reported on completed and on-going grant projects including trails, coastal resilience, recreation, stormwater, streets and safety, local coastal program updates, water storage tank and pipeline replacement, and more totaling over eight million dollars with no city

match requirements. Mayor Kelly outlined priorities including customer service, public safety, recreation, an employee manual, team work, completing the General Plan, prudent financial planning and facilities improvements at Town Hall.

Council members have many responsibilities beyond regular public meetings. Council commissionerships and representative assignments were made to the Redwood Regional Economic Development Commission, Redwood Coast Energy Authority, Humboldt Transit Authority, Humboldt County Association of Governments, Tsurai Management Plan Team, California Coastal National Monument Gateway, Office of Emergency Services, Tribal Government Engagement, League of Cities, Trails Committee, Hazardous Materials, Trinidad Watershed Council, Animal Advisory Committee, LAFCO, North Bay Fire Services and others.

The Water Advisory Committee is currently not meeting and reviving the committee will be discussed at the next meeting.

Trinidad Art Gallery Featured Artists
Christine Connerly’s driftwood hangings with birds and other animals, Howdy Emerson’s oil, ink and watercolor paintings and JD Jeffries rock, folk, blues, country, bluegrass and Motown compact discs are featured at Trinidad Art Gallery, 490 Trinity St. The cooperative gallery is open every day from 11 a.m. to 4 p.m.

Mostly \$5 Sale and Unique Boutique in Town Hall January 25 and 25

Hunt for abundant \$5 bargains in the Town Hall and a little higher priced unique art, jewelry, clothing, accessories and more in the Club Room on Saturday, Jan. 25 and Sunday, Jan. 25 from 11 a.m. to 5 p.m.

Sales benefit the Memorial Lighthouse Monument at the Harbor project, which is almost completed in cooperation with Trinidad Rancheria, however some finishing touches still are pending, such as enhanced safety railing, interpretive signs and electrical work.

Call Trinidad Civic Club Co-President Jan West at (707) 677-3655 for information.

Email Patti at baycity@sonic.net.

Apparently the coplog is still a thing, having entered the embarrassing decline phase

• **New Year’s Eve 2024/2025 8:48 a.m.** Arcata again empowered the juiceless among us, providing eager little electrons to a device-laden traveler via an unusual interface – the broken access panel on a Plaza light standard.

10:04 a.m. After a couple of days, the horizontal cow in a pasture near Zelia Court attracted a new wingman, that being the enterprising vulture perched atop it.

11:35 p.m. Non-traditional (so far) New Year’s celebrations on G Street involved firing Roman candle artillery at pedestrians from a white Toyota pickup truck, in The Spirit of the North Coast.

• **January 1, 2025 12:14 a.m.** *Annum novum faustum felicem!* they wailed, in their way, over at a Sunny Braeside apartment complex, where more pyrotechnic Roman traditions were blazingly observed.

12:20 a.m. The Arcata Heights mobile fireworks-firing crew of fiends, boneheads and crummy-men was arrested on H Street, their candlepower and luminous bravura both ebbing drastically.

6:11 a.m. A Valley West adherent of the classic beanie-hoodie combo proved him-

self an insouciant and yet insufferable mini-mart badass, one not to be meddled with as he swaggered manfully about the aisles of Funyuns and Little Debbie’s, the handle of a firearm peeking coquettishly from his coat pocket.

• **Thursday, January 2 1:01 p.m.** When a Chestnut Place resident’s vehicle knked, he had it towed to the shop. There, skilled professionals discovered that the car’s fuel had been drained out by gasoline-Grinches sometime between Christmas Eve and Christmas Day, the holiest of all holy hours of the damn year. And not by the artisanal old-school Artful Dodger crafty-pants method of siphoning, which requires patience and some minute commitment to understanding physics (and gargling petrochemicals). Nope, today’s unlovable rogues just roll up, drill a hole in the tank and let gravity drain away the precious dino-nectar as their vape gets a workout during rage-tweeting or some similarly insipid pursuit. Welcome to the future!

2:54 p.m. A son was reported removing a deceased wife’s property from a residence, suggesting a nuanced convolution

of relationships beyond our knowing or judgment.

4:31 p.m. So, so, so much inappropriate arfing on the Plaza grinding one’s nerves into quivering jelly, the nervous system-pummeling, barkerific brouhaha emanating from a tan-colored SUV packed with ravening pooches – more than any small business should have to endure in an advanced civilization.

• **January 3, 2025 5:05 p.m.** After the sound of an explosion, an “object” left lying in the roadway of the Arcata’s most dread-inducing interchange gave off smoky roilings.

9:15 p.m. A Buttermilk Lane father broke into his son’s room to steal a bottle of vodka, touching off a clash. After the two were separated, police were asked to come and admonish dad. Alas, the rancor continued to ferment.

• **January 4 12:04 a.m.** Green Beanie, camping out back The Green Beanie lives from a pack He’s outrageous He stays and he stalls Green Beanie, get yourself gone

4:32 a.m. A side benefit of roommate living is that they often introduce colorful new carbon-based bipeds into one’s personal space for pulse-pounding wee-hour

excitement.

5:19 a.m. It’s easy to arch an eyebrow, maybe both, at someone yelling nonsensically and pounding the windows of the everything’s-a-dollar store in Valley West at this hour, or ever, because *whywouldyoudothat?* But they were probably unwell, substance-modified or casualties of a world that can’t/won’t deal with them, and there aren’t enough quizzical looks in the universe to fix all that.

8:38 a.m. Ditto the dude running around the hospital grounds kicking doors and screaming. That new Behavioral Health facility to be sited on the grounds can’t come soon enough.

9 a.m. Someone smelled “chemicals” and speculated that someone was manufacturing drugs inside a Valley West permanent supportive housing facility.

5 p.m. Someone apparently left the keys inside their sweet Beamer Z3 coupe on H Street for two hours AND YOU’LL NEVER GUESS WHAT HAPPENED.

7:58 p.m. A group of perhaps eight Valley Westers were reported passing some kind of something around out front of a restaurant, which could have been the post-meal sharing of an popular inhaled dessert – the usual jazz cabbage.

Health Care | Complex mix of demographics, geography, initiatives

❖ FROM PAGE 1

Summarizing local health care’s availability and challenges, she said many “narratives” about it are “a little bit outdated” and the current picture is “much more complicated.”

Arroyo said a physician shortage in the U.S. is expected over the next 10 years and the 2008 economic crash has spurred a birth rate decline.

She described how the demographic change will influence health care.

“There is quite a decline in the percentage of folks who are anticipated to go to college starting really about this year because we’re hitting that demographic cliff,” she said, adding that the situation is “quite dire” and the decline is “much

more pronounced in rural areas.”

But she also discovered something surprising.

“I had many folks tell me that we are in much better shape than many rural areas and that we enjoyed a very unique abundance of medical providers for many years and that that has fallen off for some key reasons,” she said. “But many folks emphasized to me that while it is incredibly important to focus on recruitment and retention, we’re in better shape than many places.”

The other side of the demographic scale is older residents, including health care providers who are increasingly entering retirement.

“There’s been a large num-

ber of retirements here and elsewhere and a lot of part-time conversions – people wanting to go from working full-time to part-time – which was also staggering to me,” said Arroyo. “And then quite a few closures of small practices, which I think many of us have experienced – I know, at least for me, the small practice I used to go to closed many years ago.”

Morale is an issue for providers who deal with patients’ frustrations about “slow or missing parts of the system,” she continued, and student loan debt often lingers for decades.

The county’s social and physical environment offers a mix of recreation opportunities and a “slower pace of life” that doesn’t appeal to some.

Housing availability and insurance reimbursements are among “key challenges.”

But there are also “exciting and hopeful things on the horizon” with educational, workforce development and medical business support programs in planning stages.

The plans include a new health care education and training facility in Arcata under a Cal Poly Humboldt/College of the Redwoods partnership.

Local government can support health care in various ways.

Funding is available for creation of workforce housing and Supervisor Mike Wilson said he’s long pushed for adding medical providers into its definition.

Arroyo had said there’s a “borderline predatory environment” for furnished rentals for medical professionals.

Also on the list of possible local government actions is zoning for medical facilities, which Wilson described as “something we can discuss at some point,” adding, “That’s a very discreet item that I think that as a local community we can really hone in on.”

Arroyo’s presentation is a springboard for a Jan 27 forum on health care recruitment and retention. It will be held at a soon to be announced location in Eureka, livestreamed on AccessHumboldt and include a panel of health care providers from various areas of the county.

I was a wildfire evacuee

I was a wildfire evacuee once. The Loma Prieta Fire came within a mile of my home on the mountain above Watsonville.

One morning, while waiting with my school bus, there was this huge plume of smoke blowing down into the Monterey Bay from the direction of my home. I alerted my landladies big fire was coming; they left for a motel in Aptos. Once home, high winds blew burning leaves, brush and ash right onto the driveway and our orchard from miles away. I doused the decks, left out the buckets and hoses when I had to go, loaded all my clothes (clean and dirty,) and crammed as much as I could into my car. I returned to the school bus barn and got my 78-passenger bus to take students, parents, whole families to safety at the fairgrounds. Over a 100 homes burned, 5000 acres of forest. Fortunately the winds changed and our house was spared; others not so lucky.

Earlier that year, due to budget cuts, local government closed the fire station on the summit, making it impossible for the fire trucks to get there directly. But I know, logging caused the fire. Second-third-fourth growth forests caused it. Non-native plants caused it. Dryness and drought, evil, volatile herbicides and pesticides on the massive agro fields below caused it. A new vintner started it by clearing the forest brush on the mountainside for his water-sucking grapevines, then set the debris on fire and walked away too soon. That mountain never stood a chance.

I imagine, in LA and Hawaii, volatile fuels, deforestation for big ag, overpopulation and poor land use, more suburban homes, sad droopy weak flora, climate change, pesticides, too hot, drought, same thing. Wind whips up and that's the end of it.

Oh, and the public alert system? Only two hours too late to tell us to evacuate. When I tried to drive up that evening, the cops had set up a roadblock, and I walked the mile. My landlady drove up, and went into the house, followed by an out-of-the-area policeman chasing her, who got out of his cop car, his hand on his gun, looked at the vista, said wow what a view. I said you are on private property, he said no, not in a state of emergency. His partner, sensing trouble, saw me staring at his gun wide-eyed and told him to get in and they left.

Kate Hitt
Blue Lake

❖ LETTERS

The hat is burning on the thief’s head

I’ve been closely listening to the rhetoric at City Council meetings and across the country about the Israel-Palestine conflict and I feel compelled to address the dangerous narratives being promoted. On Nov. 14, 2024, I wrote my personal opinion here about the challenge of being Zionist. A response in the voice of the “pro-Palestinian” narrative by one Ms. Brown was published.

After my counter opinion, I was accused of personally attacking Brown. Carol V. Bloom of Sonoma County posted a letter to the editor in which she stated that she was disgusted by the way I personally attacked Brown.

Let’s set the record straight: I did not personally attack Brown. I directly responded to her biased and unfounded claims, as anyone engaged in a debate should.

To put their position in context, Brown, Bloom and others are involved in a legal trial against Northern California congressmen, accusing them of “supporting genocide” (a case which has no merit). These individuals are part of a broader movement fueled by an unmistakable hatred for the existence of Israel, a movement that is not only hypocritical but also steeped in racism.

Their accusations against me are nothing but manipulation, attempting to twist my direct criticism of Brown’s flawed arguments into something personal. They are the ones who are engaging in personal attacks, attempting to paint me as the aggressor to fit their narrative.

But the reality is clear: they are intimidated by the facts and context of my writing, and having no rebuttal, they seek to denigrate my psychology as “deep, unprocessed wounding and trauma” rather than providing legitimate opposing arguments; a common silencing technique.

I’m glad my words have provoked Brown and others like her. It’s clear there is no point in engaging in discussions with those who claim to be “doing the hard work of dismantling decades of personal and social-political indoctrination” in relation to Zionism. That conversation is consistently a dead end, and I refuse to waste my time on it.

I am focused on meaningful dialogue

with those who genuinely advocate for peace and recognize the right of both peoples to exist, rather than those who wish for the destruction of my people.

I struggle to find common ground with anti-Zionists whose views are so biased and disconnected from both current and historical facts. “Good people” who align with terrorist narratives, who Sinwar himself called “useful idiots” or “token Jews” who weaponize antisemitism by abusing the term “never again” are unable to understand Israel’s need for safety. I would rather not waste my energy on these enemies of peace, but I feel a responsibility to expose them.

If confronting these dangerous ideologies makes me a target, then so be it. I will continue to speak out against hatred and misinformation, no matter how much they try to manipulate my words against me.

“The hat is burning on the thief’s head” is an idiom in Hebrew that, to my knowledge, does not exist in English. Meaning one who has something to hide, reveals it in his or her behavior, because he or she feels guilty about it. Or a person who is guilty of a certain crime or who is ashamed, will reveal it through his/her behavior because he/she is aware of his/her actions.

It fits the situation because the ones who blame me are the ones who are doing it themselves.

Tamar Krigel

“From the River to the Sea,
only peace will set us free”

Arcata

Americans are angry about health insurance

Why are hundreds of thousands of people angry when United Health Care CEO Brian Thompson was executed in New York City? Because Americans are furious with health insurance corporations and they have every right to be. Our humanity tells us that we should be shocked and horrified.

However, in the immediate aftermath of the shooting, many Americans took to social media not to mourn, but to celebrate. Posts about prior authorization and denied medical claims were common.

Health insurance corporations have been growing more powerful and profitable for decades. How do they generate these profits? They take in as much money as possible in premiums and pay out as little as possible in medical claims. They require “prior authorization” of care, ex-

State of the City | Projects

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stage, a venue less likely to include the sort of personal vilification and name-calling she and other city councilmembers have recently endured in Council Chamber.

“This is our first time here at this venue and I love it,” she said. “It’s so nice to see so many friendly faces out here.”

Matthews reviewed a year of change and innovation at the Chamber, highlighting its absorption of Arcata Main Street and some fresh and ongoing programming. Among them were the educational Business for Breakfast sessions featuring various experts, Cal Poly Move-In Day, the Arcata Bay Oyster Festival (with 15,000 attendees), the 4th of July Jubilee, the Sunday Art Market and Concert series, plus Halloween on the Plaza and the holiday Season of Wonder and Light.

The Chamber continues to offer an array of services to local businesses via its newsletter and networking events, including the popular monthly First Thursday mixers in which host businesses can show off their wares.

“The wonderful thing about our mixers is that they are open to everybody,” Matthews said. “You don’t necessarily have to be a chamber member to come. It’s just a great place to go and network.”

She was gratified to see a healthy injection of youth into Arcata’s business mix, and the mixers. “We love that we have so many young people come to our chamber mixers,” she said. “We have a lot of the young entrepreneurs and the business students from Cal Poly that come and network with us.” A “super wonderful” Young Professionals Mixer helps introduce budding movers and shakers into the local business mainstream.

And then there were the ribbon cuttings, kicking off new businesses with attention-getting hoopla. “I do drive around with my big scissors in my car,” Matthews said. “I’m ready at a moment’s notice to the facilitate a ribbon cutting at your business.”

Matthews thanked her stalwart wingwoman, Operations and Events Manager Gloria Baker, for her “absolutely amazing” efforts.

It all added up to a 15 percent increase in Chamber members last year. “We have like eight new restaurants right now in Arcata; the Plaza is looking beautiful; Valley West is looking beautiful, and so we’re really excited. 2025 is gonna be our year, I think,” Matthews said.

She also put in a plug for the upcoming Arcata Chamber Business Leadership Awards Dinner, themed “Arcata: A Journey Through Time.” That event is coming up Saturday, Feb. 15 at the Arcata Community Center.

Five months into the job, City Manager Merritt Perry took the stage to describe the many kettles the City of Arcata has on the boil, starting with some background about himself.

A Humboldt State graduate, Perry said he grew up attending Arcata festivals, later marinating in the city’s vibrant culture of environmental restoration and innovation with the likes of former Environmental Services Director Mark Andre.

“I feel really honored to be here and be the new city manager for the City of Arcata,” he said.

He praised the “very talented, dedicated” staff he’s able to work with. Perry thanked his predecessor, Karen Diemer, for leaving him an “incredibly strong team.”

He also thanked the community for passing Measure H, the quarter-cent Transactions and Use Tax, that will make possible further quality of life and environmental projects.

The recent tsunami alert proved a valuable learning experience, exercising emergency response plans for critical facilities located on sloshing Humboldt Bay (*see page 1*).

“The city responded really well. The departments did what they did, we had evacuations from our Corp Yard and wastewater treatment plant, they

came to this staging area, we’ve got our inspections,” he said. “We did a lot of things really good. We did find some shortcomings and communication and other things that we can tighten up.”

There’s progress on meat and potatoes matters as well. The coming wind energy installations offshore will include strengthening the electrical grid. Management of the Arcata & Mad River Transit System has been transferred to the Humboldt Transit Authority (HTA), and soon, so will maintenance of the bus fleet, lightening the load for Arcata’s techs. “They’re just really good at it,” Perry said of HTA.

The city has seen significant success in creating low- and very low-income housing, through moderate income housing is lagging.

Another “big one,” he said, is the U.S. 101 and Sunset Avenue Interchange Improvements Project, which just got a \$15 million shot in the arm. That project promises to overhaul Arcata’s most confusing and nerve-wracking intersection.

“It’s gonna be great for the city and for the university and transit,” he said. Meanwhile, the South Arcata Multimodal Safety Improvement Plan is underway. “Basically we want to be able to get bikes and pedestrians and all modes of transportation over Samoa Boulevard to really connect the Sunny Brae neighborhood and southern Arcata.”

The Old Arcata Road Improvement Project has delivered a new roundabout to the Jacoby Creek Road intersection, just as designed.

Still alive and progressing with benefit of a \$25 million grant is the Reconnecting Arcata project, which will cap the freeway with a land bridge, reuniting the town. Unveiled by Diemer at last year’s State of the City event, the effort is now being led by Project Manager Laura Kadlicek, whom Perry described as “incredible” or her past work.

And then there’s Valley West, with recently completed Carlson Park, its playground, Pickle Ball courts and unique Mad River access. The Arcata Ball Park reno-

vation is coming along, and will feature a new plaza and façade, with better access.

The area’s new Resilience Hub, which Perry is calling the “Valley West Neighborhood Center,” is up and running even as the city scopes out community wishes for a new community center there.

The Annie and Mary Trail will extend Arcata’s trails, with links soon to be formalized.

A new water tank increased city capacity and resilience, making possible future growth.

An economic strategic plan will be developed by the same Community Development Dept. team that successfully brought off the General Plan 2045 and the Gateway Area Plan, designed to bring desperately needed housing and facilities.

Also in the works is the Standards of Coverage study for the Arcata Fire District, a comprehensive assessment of current fire capabilities and future needs. An internal draft is now circulating.

Work on homeless housing and services continues, in coordination with Arcata House Partnership. equity arcata is seeing new vigor with the appointment of Manager Mo Harper-Desir.

Perry lauded the current Cal Poly leadership’s commitment to the community and to housing creation.

Cal Poly Humboldt Interim President Michael Spagna, in his fifth month of leadership following the departure of former President Tom Jackson, said that “I haven’t encountered a day here where I haven’t thought it was a peak of awesomeness.” He’s been busy transforming the former HSU in “a comprehensive regional university.” Dr. Jenn Capps, provost and vice president for academic affairs he said, “is really the one that’s been marshaling this for the last several years and providing continuity.”

Spagna announced that in cooperation with College of the Redwoods, the new Cal Poly Humboldt Healthcare Education Hub will be installed in the Stewart School building, located on 16th Street across from Arca-

clude high-quality providers from their networks, and impose a series of charges including growing copays, coinsurance, and deductibles. When all else fails, many insurers simply deny claims. Behind each of these practices are millions of Americans who are made to suffer and sometimes die in order to pad the bottom lines of corporate health insurers. In recent years, this problem is much worse.

Insurers will have their own responses. Their PR teams will work overtime to marginalize angry voices and highlight what they consider to be the “value” of their health plans. Glossy commercials and towering billboards will promote a “peace of mind” that Americans should enjoy knowing that their medical needs are “covered.”

The health insurance industry doesn’t have a communications problem, it has a profiteering problem. No amount of marketing will convince people who have already been burned.

Behind the scenes, corporate insurers will lobby for the preferential treatment they have come to expect. Our newly elected Congress will agree, or they may decide that the industry needs to be regulated – a strategy that has failed to live up to its promise.

Both Republicans and Democrats have made attempts to reign in corporate health insurers with no success. Unfortunately, the Affordable Care Act and the Medicare Advantage program have only succeeded in ballooning the profits of firms without improving Americans’ health or sparing their wallets.

It is clear that violence is not the answer, both on a human level and because corporate insurers will simply not be moved. United Healthcare will have a new CEO and it will be that person’s responsibility to boost profits and make shareholders wealthier. Responding to patients’ cries will not serve these ends.

What would help is a proven reform proposal that is long overdue: a Single Payer National Health Program. This system would provide universal coverage and comprehensive benefits with zero out-of-pocket costs. It could be implemented given the enormous sums we spend on healthcare in this country.

What are we going to do about it? Americans are crying out in pain and are recognizing that they are not alone in their pain. We should listen to these cries and we should finally do something about it.

Winchell Dillenbeck
McKinleyville

ta High School.

Announced in 2022 for location at the former Industrial Electric building on Samoa Boulevard, the facility has been relocated due to ballooning construction costs.

New degree programs at Cal Poly include Community Health BA, Health Sciences BS, Nursing MS and Speech-language pathology BS. Other new Bachelor’s programs include Media Arts, Agriculture and Applied Humanities.

Another “very exciting” development is the forging of new memoranda of understanding with 13 local Indian tribes to ease enrollment for students.

“We also are starting something called a green and gold guarantee,” Spagna said. This will offer free tuition to qualified students. “If you want to transform a community, if we want to transform the nation, if we wanna be in the business of investing in generations, you’ve got to remove barriers for being able to for students to be able to go to college.”

Vice President Mike Fisher reviewed new and upgraded facilities coming to the campus and beyond.

The Craftsman Mall student housing project is coming in three months early and under budget, and it finally has its permanent name, one of Wiyot Language origin. The 964-bed, two-building complex has been dubbed Hinarr Hu Moulik, and is pronounced just as it looks.

“It’s a community,” Fisher said, with food service and a grocery store open to all, plus plentiful green space.

Other multimillion-dollar structures reflecting the polytechnic transformation and the state’s nearly half-billion dollar investment include the new Children’s Center, a new Engineering & Technology Building Energy Research & Sustainability Center, plus a new Student Housing, Health & Dining Building.

With so many announcements, there was no time for the planned question-and-answer session. “I don’t think I’ve literally ever been more proud to represent Arcata,” Matthews concluded.



A rare slide trumpet backed by 5 trombones

CHAMBER PLAYERS OF THE REDWOODS
ARCATA – Chamber Players of the Redwoods proudly presents its 45th concert program Sunday, Jan. 26 at the Lutheran Church of Arcata, 151 E. 16th St. The program begins at 2 p.m. Chamber Players produces concert programs featuring the best in local musicians performing world-class music.

Featured will be the Zug Consort playing music of the Renaissance. The group includes Dr. Gilbert Cline on the rare slide trumpet backed by five trombones, oboe and percussion. Dr. Cline has done extensive research on this unusual instrument and has concluded that it was far more common during the Renaissance than previously known. Next is Humboldt Harmoniemusik performing a 20th century piece for double wind quintet by Ruth Gipps. Gipps was a prodigiously gifted English composer who began composing at age 8 and came into prominence in the years after the World War II.

Finally Trombones @ 5 will delight the audience with several pieces arranged by retired Cal Poly music professor John Carr. Carr has been composing and arranging music for brass ensembles since the 1970s.

Admission is free, but donations are gladly accepted. chamberplayersredwoods.org, (707) 822-7917

JANUARY 22, 2025

THE JAMIE BAUM QUARTET performs Wednesday, Jan. 22 at the Arcata Playhouse, 1251 Ninth St., Arcata. Another new year brings another old friend, namely flautist Jamie Baum, fronting not her flagship septet but a new quartet featuring pianist Leo Genovese (Wayne Shorter, Esperanza Spalding), bassist Matt Penman (S.F.Jazz Collective, Joshua Redman) and drummer Rob Garcia (Noah Preminger, Ghost Train Orchestra). Doors open at 7 p.m, show starts at 8 p.m. All ages. Tickets are \$20 general and \$15 student/senior.

MASON JENNINGS performs Thursday, Jan. 23 at the Humboldt Brewery, 856 10th St., Arcata. Minneapolis songwriter Mason Jennings is now touring in support of his new album, *Underneath The Roses*, out now via Loosegroove Records. Doors open at 7:30 p.m, show starts at 8 p.m. 21 and over. Tickets are \$25 in advance and \$30 at the door.

JEFF LANDEN performs Thursday, Jan. 23 at the Logger, 510 Railroad Ave., Blue Lake. Local slide guitar virtuoso Jeff Landen shows off his repertoire. Show starts at 8 p.m. 21 and over.

FOLK DANCE PARTY The Humboldt Folk Dancers invite the public to a live music, international folk dance party, Friday, Jan. 24 from 8 to 10:30 p.m. at the Redwood Raks World Dance Studio, 824 L St., in the Creamery District in Arcata. The event features easy dances and an evening of international music with Chubritza. Admission is \$5 to \$10 on a sliding scale, but no one will be turned away

for lack of funds. All ages and dance levels are welcome, and you don't need a partner.

ETANA performs Friday, Jan. 24 at the Humboldt Brewery, 856 10th St., Arcata. Born in Jamaica as Shauna McKenzie, Etana's deep connection to her roots is evident in every note she sings. Her unique sound and soulful voice effortlessly weave together elements of soul, reggae, dancehall and R&B, creating a captivating blend that resonates with listeners on a profound level. Also with Irie Rockerz. Doors open at 8:30 p.m, show starts at 9 p.m. 21 and over. Tickets are \$25 in advance and at the door

QUARTET NOIR performs Friday, Jan. 24 at The Basement, 780 Seventh St., ground floor of Jacoby's Storehouse, Arcata. Quartet Noir will be performing swing, jazz, blues and bossa nova music. Doors open at 8:30 p.m., show starts at 9 p.m. 21 and over. \$5 at the door.

BIG 8 performs Friday, Jan. 24 at the Logger, 510 Railroad Ave., Blue Lake. Paul DeMark, Justin Brown, Jeff Landen and Robert Franklin play a blend of roots American music, greasy New Orleans and southern grooves. Show starts at 9 p.m. 21 and over.

THE NTH POWER performs Saturday, Jan. 25 at the Humboldt Brewery, 856 10th St., Arcata. The Nth Power believes in the healing power of music. Featuring guitarist Nick Cassarino, bassist Nate Edgar and drummer Nikki Glaspie, the seasoned trio delivers a transcendent blend of

soul, funk, rock and R&B. Also with Friends of the Devlin. Doors open at 8 p.m, show starts at 8:30 p.m. 21 and over. Tickets are \$20 in advance and \$25 at the door.

YUSEF LATEEF performs Saturday, Jan. 25 at the Arcata Playhouse, 1251 Ninth St., Arcata. Join us for an evening with Yusef Lateef and a unique blend of jazz, and world music with strong Middle Eastern influences. Doors open at 7 p.m, show starts at 8 p.m. All ages. Tickets are \$15 in advance and at the door.

THE BUMP FOUNDATION performs Saturday, Jan. 25 at The Basement, 780 Seventh St., ground floor of Jacoby's Storehouse, Arcata. Humboldt County's own local funk and groove all-stars featuring former members of Spank, Brothers Murdoch and Bias. Doors open at 8:30 p.m., show starts at 9 p.m. 21 and over. \$5 at the door.

BIN HUANG AND DANIELA MINEVA perform Sunday, Jan. 26 at the Fulkerson Recital Hall at Cal Poly Humboldt. Bin Huang and Daniela Mineva have played together for 20 years, and in 2024 their latest CD of French violin and piano sonatas was released. Bin Huang, an esteemed violinist, gained international acclaim at age 14 by winning the Junior Wieniawski International Violin Competition in Poland. Meanwhile, Daniela Mineva, a dynamic pianist, has garnered recognition for her vibrant performances across five continents. All ages. Doors open at 6 p.m., show begins at 7 p.m. Tickets are \$50 general, \$40 for seniors and \$25 for children.

LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT 24-00676

The following person(s) is (are) doing business as:

SEQUOIA SPRINGS ASSISTED LIVING & MEMORY CARE
2401 REDWOOD WAY
FORTUNA, CA 95540
COUNTY OF HUMBOLDT
SEQUOIA FORTUNA LLC
CA202464713823
300 S. CITRUS AVE.
LOS ANGELES, CA 90036
This business is conducted by:
A LIMITED LIABILITY COMPANY S/NAFTALI BURSTEIN,
MANAGING MEMBER
This statement was filed with the Humboldt County Clerk on Dec. 26, 2024
JUAN P. CERVANTES
SG/DEPUTY CLERK
1/8, 1/15, 1/22, 1/29

FICTITIOUS BUSINESS NAME STATEMENT 25-00002

The following person(s) is (are) doing business as:

ARCATA PROPERTY MANAGEMENT
791 8TH STREET, SUITE 7
ARCATA, CA 95521
P.O. BOX 1184,
ARCATA, CA 95521
COUNTY OF HUMBOLDT
VAISSADE FINANCIAL SERVICES, INC
CA C2891684
P.O. BOX 1184,
ARCATA, CA 95518
This business is conducted by:
A CORPORATION S/JULIE VAISSADE-ELCOCK,
BROKER/OWNER/CEO
This statement was filed with the Humboldt County Clerk on Jan. 2, 2025
JUAN P. CERVANTES
JR/DEPUTY CLERK
1/15, 1/22, 1/29, 2/5

FICTITIOUS BUSINESS NAME STATEMENT 25-00014

The following person(s) is (are) doing business as:

DAM GOOD WORK
865 9TH STREET
STE 206
ARCATA, CA 95521
COUNTY OF HUMBOLDT
KATE C. FRACHON
865 9TH STREET
STE 206
ARCATA, CA 95521
This business is conducted by:
AN INDIVIDUAL S/KATE FRACHON,
FOUNDER/OWNER
This statement was filed with the Humboldt County Clerk on Jan. 7, 2025
JUAN P. CERVANTES
JR/DEPUTY CLERK
1/15, 1/22, 1/29, 2/5

ORDER TO SHOW

CAUSE FOR CHANGE OF NAME HEATHER ROSE LEWIS, aka HEATHER ROSE CAMPBELL, aka HEATHER ROSE CEZARIO SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT CASE NO. CV2402501

TO ALL INTERESTED PERSONS:

1. Petitioner has filed a petition with this court for a decree changing names as follows:

A. Present name: **HEATHER ROSE LEWIS, aka HEATHER ROSE CAMPBELL, aka HEATHER ROSE CEZARIO**
To Proposed name: **HEATHER ROSE LEWIS**

2. THE COURT ORDERS that all persons interested in this matter appear before this court, located at 825 5th Street, Eureka, California, at the hearing indicated below to show cause, if any, why the application should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Date: MARCH 14, 2025
Time: 8:30 a.m.
Dept.: 4

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>.

3. A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Mad River Union.
Date: Jan. 10, 2025
Timothy A. Canning, Judge of the Superior Court
1/22, 1/29, 2/5, 2/12

NOTICE OF PETITION TO ADMINISTER ESTATE OF KATHRYN ANNETTE "KAY" HUNTER
CASE NO.: PR2500017
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested

in the will or estate, or both, of:

KATHRYN ANNETTE "KAY" HUNTER
A Petition for Probate has been filed by KATIE HUNTER in the Superior Court of California, County of HUMBOLDT.

The Petition for Probate requests that: KATIE HUNTER be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take any actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows:

Date: FEB. 13, 2025
Time: 9:30 a.m.
Dept.: 4
Address of court: Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, CA, 95501.

COURT MAY BE CLOSED TO THE PUBLIC DUE TO THE COVID-19 PANDEMIC. PLEASE VISIT <https://www.humboldt.courts.ca.gov> FOR INFORMATION ON HOW TO PARTICIPATE IN AN ONLINE VIDEO HEARING.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) **four months** from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) **60 days** from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. **Other California statutes and legal authority may affect your rights as a creditor. You may want to**

consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
NEAL G. LATT
350 E ST. SUITE 308
EUREKA, CA 95501
(707) 908-9088
1/22, 1/29, 2/5

CITY OF ARCATA ENGINEERING DEPARTMENT 736 F STREET ARCATA, CA (707) 825-2128 NOTICE TO CONTRACTORS FOR THE Plunkett Waterline Retrofit Project

Engineer's Estimate (\$1,250,000 to \$1,500,000) (Base Bid)

The City of Arcata is soliciting bids for WORK consisting of furnishing all labor, materials, equipment, incidentals and performing all work required to complete watermain replacement and booster station replacement with generator back up. The project includes, but is not limited to: removal of AC pipe, sawcut and removal of existing AC pavement, AC paving, compacted gravel driveways, earthwork, excavation and trenching, horizontal directional drilling and/or laying of new watermain piping including continuously welded HDPE and ductile iron pipe, replacement of water valve clusters and fire hydrants, construction of a new concrete masonry unit booster station and all appurtenances, pad mounted back up generator and coordination with PGE for new electrical service, traffic control and erosion control.

A mandatory pre-bid meeting is scheduled for Thursday, January 30, 2025 at 10:00

Prospective bidders must arrive on time and shall sign in at all mandatory pre-bid meetings. Tardy attendees may be disqualified from bidding. The meeting will begin at the Arcata City Hall in the Council Chamber (736 "F" Street, Arcata, CA 95521), and may be followed by a project site walk-through.

Sealed bids will be received by the City Manager's Office, 736 F Street, Arcata, CA 95521, until the hour of 11:00 am on Thursday, February 20, 2025, at which time they will be transferred to the City Council Chambers where they will be publicly opened and read aloud by the City Engineer or his designated representative. Said bids will be referred to

the Arcata City Council for consideration at their next regularly scheduled meeting on or after Wednesday, March 05, 2025.

CONTRACTOR shall possess a Class "A" license at the time this contract is bid or a combination of classes required by the categories and type of work included in this contract.

All bidders shall be licensed in accordance with the laws of the State of California.

PLANS, SPECIFICATIONS, AND PROPOSAL forms for bidding this project will be available:

- For download from the City Website www.cityofarcata.org under "Bids" and at the Humboldt Builders Exchange website: www.humbx.com.

- For purchase, with 48-hours' notice (during normal working hours) provided to the City Manager's Office, 736 "F" Street, Arcata, CA 95521; call 707-822-5953 or email: citymgr@cityofarcata.org. A printing charge of \$40 shall not be refundable, plus a shipping and handling fee of \$35 for mailing of PLANS and SPECIFICATIONS. Checks payable to the City of Arcata and shall be mailed or delivered in person to the Contracts and Special Projects Manager.

- For viewing at the City Manager's Office, 736 "F" Street, Arcata, CA 95521.

This CONTRACT is subject to State contract non-discrimination and compliance requirements pursuant to Government Code, Section 12990.

The City of Arcata hereby notifies all bidders that it will affirmatively insure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, or national origin in consideration for an award.

The above project is subject to compliance monitoring and enforcement by the Department of Industrial Relations. Each contractor or subcontractor listed on the bid proposal must be registered with the Department of Industrial Relations pursuant to Labor Code section 1725.5.

City may not accept a Bid Proposal from or enter into the Contract with a bidder, without proof that the bidder is registered with the California Department of Industrial Relations.

Pursuant to Section 1773 of the Labor Code, the Director of California Department of Industrial Relations has determined the general prevailing rate of wages. The prevailing rates are available online at <http://www.dir.ca.gov/DLSR>. Bidders should contact the Department of Industrial Relations at (415)

703-4281 for General Prevailing Wage Rates on specific job classifications. Future effective wage rates, which have been predetermined, are on file with the California Department of Industrial Relations. Bidders are advised that if they intend to use a craft or classification not on file in the general wage determinations, they may be required to pay the wage rate of that craft of classification most closely related to it as shown in the general determinations. The schedule of per diem wages is based upon a working day of eight hours.

The rate for holiday and overtime work must be at least time and one-half. The Contract will be subject to compliance monitoring and enforcement by the DIR, under Labor Code § 1771.4.

The above project is subject to uniform construction cost accounting procedures as set forth in the California Public Contracts Code, Section 22000 et seq., the Uniform Public Construction Cost Accounting Act.

Pursuant to California Public Contracts Code Section 22300, CONTRACTOR may substitute securities in place of any funds retained by the City for WORK performed on this project.

The City of Arcata reserves the right to reject any and all bids.

Direct inquiries regarding this solicitation to:

Danielle Allred, Contracts & Special Projects Manager (707) 825-2101 dallred@cityofarcata.org

Issued dates: Wednesday, January 22, 2025 & Wednesday, January 29, 2025

CITY OF ARCATA ENGINEERING DEPARTMENT 736 F STREET ARCATA, CA (707) 825-2128 NOTICE TO CONTRACTORS FOR THE STEEL WATERLINE REPLACEMENT PROJECT

Engineer's Estimate (\$11,000,000 to \$12,000,000) (Base Bid)

The City of Arcata is soliciting bids for WORK consisting of furnishing all labor, materials, equipment, incidentals and performing all work required to complete citywide watermain replacement. The project includes, but is not limited to: removal and replacement of water mainlines, services, valve clusters, and fire hydrants across the city including incidental removal and replacement of asphalt pavement, concrete sidewalk, curb and gutter, landscape areas.

A mandatory pre-bid meeting is scheduled for Thursday, January 30, 2025 at 11:00 a.m.

Prospective bidders must arrive on time and

shall sign in at all mandatory pre-bid meetings. Tardy attendees may be disqualified from bidding. The meeting will begin at the Arcata City Hall in the Council Chamber (736 "F" Street, Arcata, CA 95521), and may be followed by a project site walk-through.

Sealed bids will be received by the City Manager's Office, 736 F Street, Arcata, CA 95521, until the hour of 11:00 am on Thursday, March 06, 2025, at which time they will be transferred to the City Council Chambers where they will be publicly opened and read aloud by the City Engineer or his designated representative. Said bids will be referred to the Arcata City Council for consideration at their next regularly scheduled meeting on or after Wednesday, March 19, 2025.

CONTRACTOR shall possess a Class "A" license at the time this contract is bid or a combination of classes required by the categories and type of work included in this contract.

All bidders shall be licensed in accordance with the laws of the State of California.

PLANS, SPECIFICATIONS, AND PROPOSAL forms for bidding this project will be available:

- For download from the City Website www.cityofarcata.org under "Bids" and at the Humboldt Builders Exchange website: www.humbx.com.

- For purchase, with 48-hours' notice (during normal working hours) provided to the City Manager's Office, 736 "F" Street, Arcata, CA 95521; call 707-822-5953 or email: citymgr@cityofarcata.org. A printing charge of \$40 shall not be refundable, plus a shipping and handling fee of \$35 for mailing of PLANS and SPECIFICATIONS. Checks payable to the City of Arcata and shall be mailed or delivered in person to the Contracts and Special Projects Manager.

- For viewing at the City Manager's Office, 736 "F" Street, Arcata, CA 95521.

This CONTRACT is subject to State contract non-discrimination and compliance requirements pursuant to Government Code, Section 12990.

The City of Arcata hereby notifies all bidders that it will affirmatively insure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, or national or

igin in consideration for an award.

The above project is subject to compliance monitoring and enforcement by the Department of Industrial Relations. Each contractor or subcontractor listed on the bid proposal must be registered with the Department of Industrial Relations pursuant to Labor Code section 1725.5.

City may not accept a Bid Proposal from or enter into the Contract with a bidder, without proof that the bidder is registered with the California Department of Industrial Relations.

Pursuant to Section 1773 of the Labor Code, the Director of California Department of Industrial Relations has determined the general prevailing rate of wages. The prevailing rates are available online at <http://www.dir.ca.gov/DLSR>. Bidders should contact the Department of Industrial Relations at (415) 703-4281 for General Prevailing Wage Rates on specific job classifications. Future effective wage rates, which have been predetermined, are on file with the California Department of Industrial Relations. Bidders are advised that if they intend to use a craft or classification not on file in the general wage determinations, they may be required to pay the wage rate of that craft of classification most closely related to it as shown in the general determinations. The schedule of per diem wages is based upon a working day of eight hours.

The rate for holiday and overtime work must be at least time and one-half. The Contract will be subject to compliance monitoring and enforcement by the DIR, under Labor Code § 1771.4.

The above project is subject to uniform construction cost accounting procedures as set forth in the California Public Contracts Code, Section 22000 et seq., the Uniform Public Construction Cost Accounting Act.

Pursuant to California Public Contracts Code Section 22300, CONTRACTOR may substitute securities in place of any funds retained by the City for WORK performed on this project.

The City of Arcata reserves the right to reject any and all bids.

Direct inquiries regarding this solicitation to:

Danielle Allred, Contracts & Special Projects Manager (707) 825-2101 dallred@cityofarcata.org

Issued dates: Wednesday, January 22, 2025 & Wednesday, January 29, 2025

Lynn’s prompts, quiet concentration = sensory skills

FRIENDS OF THE ARCATA MARSH
ARCATA MARSH – On Sunday, Jan. 26 Friends of the Arcata Marsh (FOAM) will continue its free activity, “Nature Journaling at the Marsh,” led by retired teacher and super-experienced marsh naturalist Lynn Jones.

Please note that the session now will be held on the last Sunday of each month starting at 10 a.m. (rather than the last Tuesday starting at 9 a.m.).

No pre-registration is required, but sessions are limited to the first 10 people to show up at the Marsh

Interpretive Center.

All ages are welcome, as long as participant are able to concentrate quietly for an extended period of time. Heavy rain cancels.

FOAM will provide clipboards and colored pencils; participants need to bring their own paper (e.g., a notebook or journal, separate sheets) and a writing implement of their choice to jot notes.

A pad to sit on or a folding chair is optional, as are binoculars and guidebooks. Wear weather-appropriate clothing, which may include a hat,

sunglasses and sunscreen.

The goal of this 90-minute session is to sit quietly in one spot in the marsh (locations will vary), making formal and informal observations of natural surroundings, on a small or large scale.

The intent is to develop sensory observation skills and curiosity and to explore relationships in nature. Each observation begins with recording the date, precise location, elevation, weather (cloud cover, wind direction, air temperature) and time (most of these can be

found on a phone).

Next, for 30 to 45 minutes, participants will write and/or draw observations using their various senses.

Lynn will offer prompts, but observation topics can be a particular species (plant or animal), ecosystem, or overall environment.

Style and interpretation will vary. The session will end with a discussion about “What did this observation make you wonder?”

For more information, call the AMIC at (707) 826-2359.

BRING YOUR BINOCULARS Join Redwood Region Audubon Society for a free guided field trip at the Arcata Marsh and Wildlife Sanctuary on Saturday, Jan. 25 from 8:30 to 11 a.m. Bring your binoculars and meet trip leader Kathryn Wendel at the end of South I Street (Klopp Lake) in Arcata for incredible views of Humboldt Bay, easy-to-walk trails and a great diversity of birdlife.



ECO BRIEFS

WIGI WETLANDS WORKDAY Join Redwood Region Audubon Society on Saturday, Jan. 25, from 9 to 11 a.m. for a Wigi Wetlands Volunteer Workday. Help create bird-friendly native habitats and restore a section of the bay trail by removing invasive plants and trash. This month we will be planting trees and shrubs, scattering wildflower seeds and continuing the removal of invasive that are popping up. The trail section is located behind the Bayshore Mall and volunteers will meet in the parking lot directly behind Walmart. We will provide tools, gloves and packaged snacks. susanpenn60@gmail.com

What if there was a list of fun, tasty ways to plus-up your life that help the world too?

Yep, here you go

CITY OF ARCATA
ARCATA – The Environmental Services Dept. encourages the community to reevaluate their New Year’s resolutions to spark new motivation and sustainable intentions.

According to a study conducted by Strava, up to 80 percent of people have abandoned their New Year’s resolutions at this point in 2025. The second Friday in January has been deemed “Quitters Day” because of this phenomenon.

Many people struggle to commit to their resolutions due to high expectations, a lack of planning and insufficient goal tracking. Instead of ditching the resolution, evaluate what progress has been made and alter any goals to better suit realistic expectations.

Here are some tips to make resolutions that will last and prioritize well-being, the community and the local environment.

- Save money and reduce consumption. Conserve natural resources by repairing, repurposing and reusing currently owned items or by shopping second-hand.

Try to swap at least one disposable item for a reusable option in your daily routine, like a water bottle, shopping bag or to-go foodware.

Bring reusable to-go coffee mugs and durable take-out containers to anywhere serving food in Arcata and receive a 25 cent discount on your to-go food (including deli and salad bar) order.

Learn more about the Single-Use Disposable Foodware Regulations at cityofarcata.org/885/Disposable-Foodware-Regulations.

- Eat healthy and support the local economy. Choosing to buy household items and food from

local businesses and farmers’ markets reduces greenhouse gas emissions created by transporting food and other goods long distances.

- Shopping locally also boosts the economy by helping to create jobs and keeping more money circulating right here at home.

Try buying produce from the farmer’s market at least once a month. For those interested in going vegetarian, consider not eating meat once a week and then increase the frequency as it becomes easier.

- Exercise more and emit less. Walking and biking places, instead of driving, helps improve health while reducing emissions and air pollution. Try biking, walking, skateboarding or roller skating somewhere in town at least once a week.

For those who don’t have a bicycle, they can be rented in Arcata using Humboldt Bikeshare. To learn more visit, tandem-mobility.com/humboldt. For longer distances, try public transportation or carpooling once a month.

- Spend time with family and friends to build community. Take a hands-on approach to improve local ecosystems by volunteering time while reconnecting with loved ones.

There are numerous volunteer workdays around the county. To become a volunteer Trail Steward, visit humtrails.org/volunteer/.

Try to attend at least one volunteer workday a month. (*See Eco Briefs, right.*)

- For those with a busy schedule, consider becoming a volunteer “Citizen Scientist” with the North-coast Environmental Center “Trash Tracker” and “Adopt-a-Beach and Block” programs.

To learn more about these opportunities and others like them, visit ournec.org/volunteer.

Try joining a program or attending guided walks at the Arcata Marsh to meet like-minded people and uplift local recreation areas.

- Learn a new skill and protect the local environment. Discover new ways to become a better steward of land and water quality stewardship.

For gardeners, implementing natural gardening practices and composting averts the need for pesticides, herbicides and fertilizers.

Less chemical use means less stormwater contamination. Try setting up a compost system at home or sign up for a local compost service in the county.

Visit ourwaterourworld.org to learn about alternatives for garden problems and try implementing at least one strategy.

- For those without gardens, vehicle maintenance is just as important for protecting water quality. Learn how to fix vehicles and machines or take them to be serviced every other month to prevent oil and gas leaks that pollute stormwater and local waterways.

Remember to start with small changes and easy swaps in daily life. Celebrate small wins and share the journey with friends and family. Do not fall victim to perfectionism paralysis. Embrace mistakes and flexibility.

Life throws curveballs and building habits takes time.

Acknowledge any stumbles, learn from them and recommit to important goals.

Cheers to a green 2025!

To learn more about the City’s various environmental services, facilities, and resources visit cityofarcata.org/184/Environmental-Services. For any questions, contact Environmental Services at (707) 822-8184 or eservices@cityofarcata.org.



PARK AT THE AMIC Then walk to the Corp Yard to join the VTS group.

REES HUGHES GRAPHIC

VTS MARSH WORKDAY The first Volunteer Trail Stewards Workday of 2025 takes place Saturday, Jan. 25 from 9 a.m. to noon, with work on the Humboldt Bay Trail North and on some of the Arcata Marsh and Wildlife Sanctuary trails. There is trash to be picked up, mowing, invasive removal and more, with plenty for everyone to do! Organizers hope to facilitate the return of the sandwich bar for lunch. Participants will meet at the small parking lot in front of the City of Arcata Corporation Yard. But if you are driving, plan to park in the Arcata Marsh Interpretive Center parking lot on South G Street. Extra gloves will be available, or bring your own. RSVP to Rees Hughes at hughes@humboldt.edu to improve sandwich bar possibilities.

MARSH HISTORY Friends of the Arcata Marsh (FOAM) is sponsoring a free tour of the Arcata Marsh & Wildlife Sanctuary on Saturday, Jan. 25. Meet leader Renshin Bunce at 2 p.m. in the lobby of the Interpretive Center (AMIC) on South G Street for a 90-minute, rain-or-shine tour that will provide a general overview of the Marsh and its history. The walk will include Klopp Lake and South I Street, with participants looking at birds and plants along the way. (707) 826-2359

BIRDING IN SOHUM Join the Redwood Region Audubon Society for a Southern Humboldt birding walk on Saturday, Jan. 25. This walk includes 2 to 3 miles of gentle walking through riparian, grassland and mixed hardwood forests with bird species varying by season. Year-round residents we may observe include jays, towhees, woodpeckers and several raptor species. Meet at the Tooby Park parking lot, located one mile west of Garberville on Sprowl Creek Road. This trip occurs on the fourth Saturday of every month, generally starts around 8:30 a.m., and the leaders vary by month. Call Ann at (707) 296-8720 for the correct start time.

ARCATA BOTTOM BIRDING Join the Redwood Region Audubon Society and Ken Burton for a half-day exploration of the Arcata Bottom on Sunday, Jan. 26. The southern Arcata Bottom are replete with excellent birding sites and we’ll search the area for Greater White-fronted Goose, Say’s Phoebe and other species. This will be primarily a driving trip, with little walking. Meet Ken (shrikethree@gmail.com) at 8:30 a.m. at Pacific Union Elementary School, and please be prepared and willing to carpool.

LOS BALLETS TROCKADERO DE MONTE CARLO performs Monday, Jan. 27 at the Van Duzer Theatre at Cal Poly Humboldt. Les Ballets Trockadero de Monte Carlo, the world’s foremost all-male comic ballet company, is a beloved troupe of dancers performing gems from across the company’s groundbreaking repertoire. Founded in New York City in 1974, the company, affectionately known as the Trocks, has grown from its roots in late off-off Broadway shows to a global touring sensation, with razor-sharp wit and breathtaking pointe work, performing polished parodies of works that span the classical ballet canon. All ages. Doors open at 6 p.m., show begins at 7 p.m. Tickets are \$22.50-\$55 general.

GREGORY ALAN ISAKOV performs Tuesday, Jan. 28 at the Van Duzer Theatre at Cal Poly Humboldt. Born in



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❖SCENE SPILLOVER

Johannesburg, South Africa, and now calling Colorado home, horticulturist/musician Gregory Alan Isakov has cast an impressive presence on the indie-rock and folk worlds with his six full-length studio albums. All ages. Doors open at 7 p.m., show begins at 8 p.m.

SHWAYZE performs Tuesday, Jan. 28 at the Arcata Theatre Lounge, 1036 G St., Arcata. Raised on the beaches of Southern California, Aaron Smith is a rapper, actor and father who became known to the world simply as Shwayze following a massive 2008 breakout. The Malibu native released his debut album *Buzzin'* that summer and has since gone on to work with an array of producers and release such independent albums as *Shwayze Summer* as he continues reinventing his sound while staying true to the influences. Also with Bikini Trill and Twin Fin. Doors open at 7 p.m., show starts at 8 p.m. All ages. Tickets are \$25 in advance and at the door. (707) 630-5000, arcatatheatrelounge.com




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